### THE REPUBLIC OF POLAND

is bordered by Germany to the west; the Czech Repub-ryanair.com, Wizzair - www.wizzair.com, have schedlic and Slovakia to the south; Lithuania, Belarus and uled flights to and from Poland. Ukraine to the east; Russia and the Baltic Sea to the

north. The population, over 38.5 million strong, occupy an area of 312,000 square kilometres.

Lowlands and uplands occupy the central part of the pkp.pl, rozklad-pkp.pl, www. intercity.pl. country. The northern part of Poland, comprising Po meranian and Masurian Lakelands, is gently undula- By Bus To and Around Poland ting, relatively well forested and covered by hundreds There are many reputable international bus companies of lakes: still further to the north are the sandy beaches that service coach lines linking Poland with major Eu-



use the Polish language.

Its capital and the largest city is Warsaw, which has force in other European countries. Car rentals, with a population of over 1,700,000 and is located on the or without chauffeur are offered by many international longest Polish river, the Vistula. The major Polish ci- rent-a-car agencies, and there are many of local opeties include Kraków, Gdańsk, Katowice, Łódź, Poznań, rators. Szczecin, and Wrocław. Poland is divided administratively into voivodships (16), counties and communes. Accommodation & Catering

# PRACTICAL INFORMATION

### Monetary System. How to Pay?

The Polish currency is the zloty (PLN). You can pay panile, Hilton, Hyatt, Holiday Inn, Marriott, Orbis, Qubus, using other currencies e.g. Euro, after you have come Radisson, and Sheraton. In addition to hotels, various to an agreement with the vendor, but this is not always types of accommodations are available, including counthe case. Money can be changed at banks or exchange try inns, motels, pensions, farm rooms and tourist hostels. counters (Kantor). Credit cards are accepted in most Rooms can be booked through telephone or Internet: shops and for services in the whole of Poland. The official money is the zloty divided into 100 groszy. Polish money is in circulation as coins and banknotes. Coins: 1, 2, 5, 10, 20, 50 groszy and 1, 2, 5 zloty. Banknotes: 10, 20, 50, 100 and 200 zlotys.

## **Customs and Currency Regulations**

Current customs and currency regulations can be found on the website of the Main Customs Office: www.mf.gov.pl.

### By Air To and Around Poland

to find the necessary information, all travellers planning com, www.hotelspoland.com, www.orbisonline.pl, to come to Poland and move around the country by air www.warsawshotel.com, www.polhotel.pl, www. should visit the LOT website: www. lot.com. In addti- pph.com.pl, www.visit.pl, www.polhotels.com. tion, several other carriers, including budget airlines Many historic and old buildings (palaces, castles, such as Aer Lingus - www.aerlingus.com, Easy Jet - manors, mills) were adapted for tourist purposes -

Tum (E6) - Romanesque collegiate church (12th c.) many lime rock formations and caves. Perched on the with unique portal and frescoes.

### MAŁOPOLSKA PROVINCE

Kraków (I6) - Poland's former capital, for many visitors the most beautiful city in Poland. Its historical centre is composed of the Main Market Square, Cloth Hall and the Gothic St Mary's Church with altarpiece carved by Wit Stwosz. Not far from the market stands the Collegium Maius, the oldest building of the Jagiellonian University established in 1364. All Poles love the Wawel Hill with its Renaissance Royal Castle and Cathedral. where Polish monarchs were crowned and buried. Tadeusz Kościuszko and Józef Piłsudski as well as many other famous Poles rest in the Cathedral's crypts. The showpiece of the Cathedral is the Renaissance Zyg-

largest bell called, 'Zygmunt'. Visitors flock to admire pathians and the only alpine type, with the highest peak the Royal Castle interiors (Royal Chambers, Crown Mt Rysy (2499 m). The Tatra National Park encom-Treasury, Armoury) decorated with many works of art, passes the most beautiful valleys, lakes, peaks, forests including the famous tapestries. Kraków has many old and the high mountain meadows. Mountain goats, churches, burgher houses, museums, and a Jewish marmots and bears can be encountered. Zakopane, district - Kazimierz. Kraków's historical centre is on the Poland's winter sports capital, nestles at the foot of the

UNESCO World Heritage list. Binarowa, Debno, Lipnica Murowana, Sekowa and a very popular centre of folk arts and crafts. (I,J7) - Late-Gothic wooden churches on the UNESCO World Heritage list.

Kalwaria Zebrzydowska (I6) - The monastery, church Warsaw (E7) - Totally destroyed during World War and chapels situated along Via Dolorosa are on the II, the Old Town of Warsaw was carefully rebuilt and UNESCO World Heritage list. The famous Passion reconstructed to its former splendour. It is now on the Plays attract crowds of pilgrims.

and mud-bath centres

style with five defensive towers, arcaded courtyard, churches. Many attractive buildings are grouped along

richly ornamented chambers. Oświecim (I6) - Site of the former Nazi concentration es, monuments, Warsaw University and the Polish and death camp from World War II known as Ausch- Academy of Sciences. In addition to the very beautiful

tries perished in the camp. The site is on the UNESCO there are also the buildings of the Grand Opera and World Heritage list Stary Sacz (17) - Oldest urban centre of the region. Plock (D6) - Picturesquely set on the high Vistula bank

the Blessed Kinga (13th c.). Tarnów (I7) - Attractive old urban layout of the city. Pułtusk (D7) - Old town with rich historical heritage.

Hall, old burgher houses. Wadowice (I6) - Birthplace of Pope John Paul II. A Żelazowa Wola (E7) - This little Mazovian village is

museum has been arranged in the family house of the known around the world because the Polish composer

the greatest tourist attractions in Poland and is on the recitals are held here throughout the summer UNESCO World Heritage list. It has been in operation for the last 700 years. Excavating salt, the miners cre- OPOLE PROVINCE ated hundreds of underground caverns, tunnels, shafts Opole (H4) - Town Hall and old houses line up the Marand galleries. The chapels, chambers, lakes as well as ket Square. Many churches, the Piast Tower. wooden mining gear and machinery are of great inte- Brzeg (G4) - Renaissance castle of Silesian Piasts rest. The beautiful St Kinga's Chapel is the highlight of with arcaded courtyard. Old urban layout of the town's the mine

tain range divided by the Dunaiec River. The raft trip with an adjacent parkland. down the spectacular Dunajec Gorge has become one Nysa (H4) - The most important tourist attraction is the

of Poland's major tourist attractions. River Prądnik Valley (H6) - The Ojców National Park Paczków (H3) - Old urban complex surrounded by

www.easyjet.com, Germanwings - www.germanwings. The Republic of Poland is located in Central Europe. It com, Norwegian - www. norwegian. no, Ryanair - www.

### By Rail To and Around Poland

The national railway network is administered and ser-Poland's landscape is very diversified. The Carpathian viced by the Polish State Railways (PKP). All necessary and the Sudety Mountains stretch across the south. information can be found on the PKP website: www.

of the Baltic Sea coast. Poland's national emblem is the ropean cities. On Polish territory, the majority of regular bus links are operated by the state bus company (PKS) and Polski Express.

# By Ferry To and From Poland and Inland/Coastal

Poland has a regular ferry services to/from Sweden and Denmark, operated by the Polferries of Polish Balic Navigation (PŻB): www.polferries.. pl, Stena Line – ww.stenaline.com, and Unity Line - www.unityline.pl. Cruises in pleasure boats are available in the summer season on some lakes.

# By Car To and Around Poland

Motorists travelling to Poland must possess a passport. white eagle with a golden crown on a red background. driving licence, vehicle registration card and a docu-The national flag is white and red. The people of Poland ment testifying that the traveller is a civil liability policy holder. Polish road regulations are similar to those in

Polish hotels are classified according to the star system and their standard varies a great deal - from budget to luxurious places to stay. International hotel companies are represented by Accor S.A., Bass Hotels & Resorts, Cam-



LOT Polish Airlines is Poland's national carrier. In order www.discover-poland.pl, www.hotelsinpoland.

hilltop is the Pieskowa Skała castle in the Gothic and Renaissance style



munt Chapel. In the Zygmunt Tower hangs Poland's The Tatras (J6) - Poland's highest range in the Car-Tatras. It is also a good starting point for mountain hikes

## **MAZOVIAN PROVINCE**

UNESCO World Heritage list. Its highlights include the Krynica (J7) - spa with old sanatoriums, pumprooms Market Square lined with old houses, the Royal Castle with its representative royal chambers, the Barbican, Nowy Wiśnicz (I7) - Castle in the palazzo-in-fortezza and the Gothic Cathedral as well as many other old and near Krakowskie Przedmieście: palaces, church witz-Birkenau. Millions of people from different coun- palace and garden of the Royal Łazienki and Wilanów, Theatre. Belvedere Palace and the Uiazdowski Castle. The Church and Convent of the Poor Clares erected by are the buildings on Tumskie Hill with the Cathedral and the remains of the Mazovian Dukes' Castle.

Late-Gothic Cathedral, Gothic and Renaissance Town Famous for its Polonia House occupying the former bishops' castle (14th c.).

Frederik Chopin was born here in a manor that today Wieliczka (I6) - The salt mine of Wieliczka is one of stands in the middle of a beautiful park. Chopin musical

centre with burgher houses, town hall and churches. Pieniny Mountain Chain (J7) - This is a small moun- Moszna (H4) - Curiously shaped palatial residence

huge Gothic Cathedral. occupies the most attractive part of the valley with intact medieval ramparts with gates and turrets; the for-

www.hhpoland.com, tél./fax +48 22 646 81 50, port- WROCŁAW www.wroclaw.pl able +(48-507) 842 552, info@hhpoland.com. For tel. +(48-71) 344 31 11, fax 344 11 12 reservation of agrotourist accommodation (on farms) info@itwroclaw.pl contact - tel. +(48-52) 398 14 34, www.agritourism. ZAKOPANE www.zakopane.pl pl, e-mail: federgg@wp.pl. Mountain refuges and wa- tel. +(48-18) 201 22 11, fax 206 60 51 terfront hostels are very popular with enthusiasts of info@promocja.zakopane.pl active rest. Youth hostels www.ptsm.org.pl (informa- ZIELONA GÓRA www.zielona-gora.pl tion, reservation reservation - tel, +(48-22) 849 81 tel./fax +(48-68) 323 22 22 28, tel./fax +(48-22) 849 83 54, and student hotels turystyka@zielona-gora.pl (only during vacations) are recommended for young people and students. Those who enjoy rest in the Important Telephone Numbers natural environment may choose camping sites (in- The nationwide toll-free 24 hour emergency phone formation - tel./fax +(48-22) 810 60 50, www.pfcc.eu. numbers are: The majority of them are open from 1 May till the end • Ambulance 999 of September

### **Major Tourist Information Centres In Poland** BIAŁYSTOK www.podlaskieit.pl tel./fax +(48-85) 732 68 31

cit@podlaskieit.pl BYDGOSZCZ www.visitbydgoszcz.pl tel./fax +(48-52) 585 87 02 bci@visitbydgoszcz.pl KRAKOW www.mcit.pl tel. +(48-12) 421 77 06, fax 421 30 36 info@mcit.pl CZĘSTOCHOWA www.czestochowa.pl tel. +(48-34) 368 22 50, fax 368 22 60 mci@czestochowa.um.gov.pl GDAŃSK www.gdansk4u.pl tel. +(48-58) 305 70 80, 301 66 73 aot@adansk4u.pll KATOWICE www.um.katowice.eu tel. +(48-32) 259 38 08, fax 259 33 69 @um.katowice.eu KIELCE www.swietokrzyskie.travel tel. +(48-41) 348 00 60 informacja@swietokrzyskie.trave LUBLIN www.loit.lublin.pl tel. +(48-84) 532 44 12, fax 442 35 56 infotur@loit.lublin.pl ŁÓDŹ www.ziemialodzka.pl tel./fax +(48-42) 662 09 70 it.centrum@rotwl.pl OLSZTYN www.warmia.mazury.pl tel. +(48-89) 535 35 65, fax 535 35 66 wcit@warmia.mazury.pl, www.mazury.travel OPOLE www.opole.pl tel. +(48-77) 451 19 87, fax 451 18 61 mit@um.opole.pl POZNAŃ www.cim.poznan.pl tel. +(48-61) 851 96 45, fax 856 04 54 centrum@cim.poznan.pl RZESZÓW www.podkarpackie.travel.pl tel./fax +(48-17) 852 00 09, fax 867 62 30 prot@prot rzeszow pl SZCZECIN www.visit-szczecin.pl tel. +(48-91) 489 16 30, fax 434 04 40 it@mosrir.szczecin.pl

TORUŃ www.it.torun.pl tel. +48-56 621 09 31, fax 621 09 30 it@it.torun.pl WARSAW www.warsawtour.pl tel. +(48-22) 194 31, fax 474 11 42 info@warsawtour.pl

fences. Paczków is often called Poland's Carcassonne. ture reserve of about 100,000 hectares. Kingdom of St Ann's Mountain (H4) - Religious shrine and the birds, paradise for fans of photo-safaris and those Franciscan church and monastery. The Monument to who collect recordings of bird song. Elk is a common the Silesian Insurgents.

### PODKARPACKIE PROVINCE

Baranów Sandomierski (H8) – Mannerist castle often called the Little Wawel Blizne, Haczów (I8) - Late-Gothic wooden churches

on the UNESCO World Heritage list. Krasiczyn (19) - Late-Renaisssance palace and park. Gdańsk (A5) - Best witnesses of the city's centuries Krosno (18) - Market Square with old houses, Gothic long traditions are the sumptuous old houses (Artus

church with baroque interior decorations. Leżajsk (H9) - Fortified Bernardine church and monas- cal buildings (Town Hall, Gdańsk Crane, Great Mill, tery (17th c.). In the Basilica, one of the finest baroque Neptune Fountain). Many historical monuments are organs in Poland.

Łańcut (I8) - Perfectly preserved aristocratic residence urb of Gdańsk, is proud of its Cistercian church and in the huge castle, lavishly furnished and decorated. monastery. The Oliwa Cathedral's showpiece is its gi-Original collection of carriages.

Przemyśl (I9) - Picturesquely located on the hills its Dominican Fair and upon the San River, Przemyśl has a wealth of historical monuments. The 14th century castle on the Parkowa Mountain was remodelled many times. Many old churches.

Sanok (18) - Sanok's skansen is one of Poland's best open-air museums with about 100 traditional buildings from the southeast of the country. The former castle contains Poland's largest collection of Ruthenian icons. Bieszczady Mountains (J9) - Gently undulating range, by many considered to be the remotest wilderness in the country. Bear, wolf, lynx and eagle are likely to be encountered. The region is dotted with woode Orthodox churches

### PODLASIE PROVINCE

**Białystok** (C9) – Region's capital with a sumptuous Museum and Aguarium is located at its tip. palace of the Branicki family. Worth visiting are old Gniew (B5) - Gothic Teutonic Knights' castle, where Catholic and Orthodox churches as well as mosques knights' tournaments are organised. located in the city's environs.

Tykocin (C9) - Original urban layout with well- pre- Knights' castle. The former seat of the Order's Grand served houses, churches and the former Baroque Masters. On the UNESCO's World Heritage list. synagogue built in 1642. The synagogue has a collec- Pelplin (B5) - Gothic Cathedral, the former Cistercian tion of Judaica.

Augustów Canal (B9) - Remarkable achievement of Museum is a copy of the Gutenberg Bible (one of 45 19th century hydraulic engineering. The canal with its worldwide). original locks is still in operation



Bałowieża Forest (D10) - Formerly a private hunting SILESIAN PROVINCE ground for Polish monarchs; today, the Białowieża Na- Częstochowa (G5) - Poland's spiritual heart and the tional Park occupies its most important part and is on country's national shrine. It owes its renown to the mithe UNESCO World Heritage list. Habitat of the biggest raculous icon of the Black Madonna in the Jasna Góra European mammal - the bison.

# Fire Brigade 998

 Police 997 Mobile Phone Holders Assistance 112 Roadside Assistance 981

### Emergency Telephone Numbers Tourists can use the following emergency numbers in

operation during the whole summer season: 0-800 200 300, +(48-608) 599 999. Active Rest

Possibilities of active rest in Poland are unlimited: · fascinating kayaking routes include those of the Krutynia, Brda, Czarna Hańcza, Drawa, Drwęca, Bóbr, Pilica, Rega and Dunajec rivers;

archaeological festivals.

ments.

Copernicus.

LOWER SILESIA PROVINCE

UNESCO World Heritage list.

UNESCO World Heritage list.

plexes in Central Europe.

Ruthenian-Byzantine frescos)

shrine over the centuries.

tle's existence

interior decorations.

town's environs.

356 windows.

baroque.

waterfalls

Many historical monuments of sacral architecture.

Golub-Dobrzyń (D5) - Gothic castle built by the Teu-

tonic Knights. It hosts the International Knights' Tourna-

Kruszwica, Mogilno and Strzelno (D4,5) - Wellpre-

World Heritage list: Cathedral of SS John the Baptist

and John the Evangelist, many churches, Gothic Town

Hall, market square lined with splendid old houses.

Birthplace of the famous Polish astronomer Nicolaus

Wrocław (G3) - Old city with many historical monu-

ments. Market Square with Gothic Town Hall and

old houses, Cathedral on the Ostrów Tumski Island,

Wrocław University with the spectacular Aula Leopol

rior decorations, including the Świdnica Piasts' mauso-

Książ – the largest hilltop fortress in the country.

Krzeszów (G2) - Cistercian church with beautiful inte- UNESCO World Heritage list

leum, and an adjacent huge Abbey. A gem of Silesian LUBUSZ PROVINCE

sereved Romanesque churches of great interest. Toruń (D5) – Old Town complex is on the UNESCO's

tion towers made of timber in the 19th century.



· anglers can enjoy numerous and picturesque fishing grounds with many interesting species: · winter sports enthusiasts will find excellent conditions

in the Tatra, Beskidy and Karkonosze Mountains; many stud farms and equestrian centres wait for lo-

vers of horseback riding; · Poland is a real paradise for big and small game hunters.

# Spas

(Table Mountains) with their fantastic rock formations, tage list. There are 42 spas in Poland, in different regions of the Bear's Cave, baroque Basilica of Wambierzyce with country. Most of them are situated in attractive tourist its Passion shrines, Kłodzko fortress, famous spas ŁÓDŹ PROVINCE localities with many mineral water springs. Natural therapy centres offer a rich choice of treatment Ladek Zdrói. procedures. For more information go to the following Internet page: www.uzdrowiska.pl, www.sgurp.pl, LUBLIN PROVINCE www.sanatoria.com.pl

### MAJOR TOURIST ATTRACTIONS

### KUJAVIA AND POMERANIA PROVINCES

Biskupin (D4) - Reconstructed fortified village of the Lusatian culture with earth and timber defences. Site of

tified St John's Church (14th c.) is a part of the town's de- Biebrza River Marshes (C9) - Europe's unique nasight here.

> Suwałki Lakeland (B9) - Scenic region of lakes, forests and post-glacial hills. The highlight of the region is the monastery built by Camaldolese monks, located on a peninsula in Lake Wigry.

### POMERANIAN PROVINCE

Court), churches (St Mary's), gates and other historigrouped in the area of the Main Town. Oliwa, the subgantic rococo organ (18th c.). Gdańsk is also famous for



Bytów (B4) - Gothic Teutonic Knights' castle Gdynia (A5) - Dar Pomorza, the famous frigate is moored at the Southern Pier, while the Oceanographic

Malbork (B5) - European largest Gothic Teutonic

Wachock (G7) - Old interior decorations of the Ro- behind the castle known as the arboretum monastic church (13th c.). The highlight of the Diocesan manesque Cistercian abbey.

Słupsk (A5) - Ducal castle (14th c.), Mill Gate, Gothic

churches, fragments of defensive walls. Sopot (A5) - Very popular seaside resort with Poland's

longest pier (512 m). Kashubian Lakeland (B4,5) - Small but very beautiful region sprinkled with lakes and rivers winding their way among scenic hills. The original inhabitants have retained their ethnic identity and cultivate a culture and

(Bright Mountain) Monastery. The monastery houses a

Chełmno (C5) – Old city with medieval urban lavout. Kazimierz Dolny (G8) – Small, picturesque town set Late-Renaissance town hall in the market square. on the banks of the Vistula at the foot of wooded hills. Its historical monuments include the parish church, Ciechocinek (D5) - Famous spa with saline gradua- Renaissance houses, castle ruins, and granaries

is its underground labyrinth of chalk tunnels

unique gallery of socialist-realist art.

ger Tower, town hall.

WESTPOMERANIAN PROVINCE

sian Homage, Town Hall, and old houses.

dral (14th c.). Reconstructed old city centre.

is the Wolin National Park. Viking Festival.

8 scenes from the life of St Adalbert.

olish rulers

ance style

town hall, and old churches.

14th century.

Szklarska Poręba with its Szklarka and Kamieńczyk one of the biggest colonies of bats in Europe.

Chełm (G10) - Historical monuments of a religious na- beautiful Romantic park Arcadia.

17th century Cathedral with baroque and Renaissance who lived here for ten years.

designed to have four towers symbolising the four sea- WIELKOPOLSKA PROVINCE

for a few years in the Gothic castle of Olsztyn. Other enth largest basilica in Europe.

Frombork (A6) -Historical buildings of the Cathedral style park.

ducted most of the observations and research for his roque castle.

Gierłoż (B8) - Hitler's main head-quarters during

World War II, Wolfsschanze or Wolf 's Lair. Visitors

Nidzica (C7) - Rectangular Gothic Teutonic Knights

Świeta Lipka (B7) - Surrounded by a cloister, Jesuit

baroque church and monastery erected in the late 17th

century. The pride of the church is its sumptuously

Elbląg Canal (B6) - Poland's longest navigable canal

is also the most unusual: it has to cope with the 100 m

Checiny (G7) – Ruins of the 14th century castle tower its organ music concerts.

Church, and a baroque church. Chelm's star attraction Romanesque church

Ogrodzieniec (H6) - Ruins of 16th century castle trolleys.

of the Eagles' Nests, all set on lime rock hills.

ŚWIĘTOKRZYSKIE PROVINCE

of interior decorations from different periods of the cas-

Krzemionki (G8) - Neolithic mine of striped flint.

Mt Łysa Góra in the Świętokrzyskie Mountains.

WARMIA AND MASURIA PROVINCES

Jacob's Church and old burgher houses.

wander around the ruins of the bunkers.

heliocentric theory.

decorated organ.

castle

Ujazd (H8) - Ruins of the enormous Krzyżtopór castle

dina, many churches, museums and bridges. Most vis- Kozłówka (F9) - Perfectly preserved magnate's ited tourist attractions: Panorama Raclawicka painting residence. Palace interiors and the beautiful park are (15m high and 120m long) and the People's Hall on the greatly admired by visitors. Known country-wide for its

Jawor and Świdnica (G3) - Two outstanding timber- Zamość (G9) - Outstanding example of European framed Protestant Churches of Peace erected in the Renaissance town. The most spectacular is the Cathe 17th century, with rich interior decorations, on the dral and the Old Town Square with its lofty town hall and old burgher houses. The city's Old Town is on the

Zielona Góra (E2) - Capital of the region, once known Lubiąż (G3) - Cistercian Abbey which ranks as one of for its wine production. Historical monuments: latethe largest and most impressive former monastic com- Gothic parish church, former Protestant church, Hun-

Walim (H3) - Passages hewn in rock by prisoners of Gościkowo-Paradyż (E2) - Cistercian monastic commany nationalities (WW II) in the neighbouring moun- plex with rich Gothic and baroque interior decorations. Łagów (E2) - Picturesquely located town with the cas

Poland with many tourist attractions: the Góry Stolowe half of the 19th century, on the UNESCO World Heri-

of Polanica Zdrój, Kudowa Zdrój, Duszniki Zdrój and Łódź (F6) - Palaces of former textile industry tycoons 19th century textile mills Eclectic houses along Pio-Julian Tuwim's bench, Artur Rubinstein's piano. Lublin (G9) - Well-preserved Old Town with its church- Lowicz (E6) - Famous for its Corpus Christi proces es, old houses and city gates. Royal Castle with the sions during which participants are dressed in brightly beautiful 14th century Chapel of the Holy Trinity (unique coloured and embroidered traditional costumes.

countless lakes, paradise for sailors, kayakers and Pszczyna (I5) - Another example of a sumptuous mag- anglers. The lakes are interconnected by rivers and nate residence, the Pszczyna castle houses a museum canals, forming an enormous system of waterways.

choice of winter sports centres. Well-preserved folklore. many historical monuments including the Castle of Po-

inside, beautifully ornamented ceilings (plafonds) The last seat of King Eric of Sweden, Denmark and Norway Kamień Pomorski (B1) - Gothic Cathedral famous for

over the historical town. The Paradise Cave in the Kolobrzeg (B2) - Popular health resort. Gothic Cathe

Stargard Szczeciński (C2) - Well-preserved defensive

rooms were built, one for each week in the year, and Town. The highlights: Old Town Square with its Renaissance Town Hall. The island of Ostrów Tumski with

> Gniezno (E4) – The considered to be the cradle of the Polish state. The Gothic Cathedral contains the silver sarcophagus of St Adalbert. Aisles filled with many hapels. The bronze doors (12th c.) depict in bas-relief

> Kórnik (E3) – Splendid 19th century magnate residence built in mock-Gothic style. A large, English-style park

Leszno (F3) - Market Square with old houses, baroque

Licheń Stary (E5) - Much attended religious shrine Olsztyn (B7) - Nicolaus Copernicus lived and worked with chapels on the Via Dolorosa. Licheń has the sevhistorical buildings include the medieval High Gate, St Rogalin (E3) - Palatial residence in rococo and neoclassical style. Remarkable oak trees in the English-

Hill. It is believed it was here that Copernicus con- Rydzyna (F3) Little old town with a monumental ba



I ranslation: Jan K. Milencki tel. +(48) 22 536 70 70, fax +(48) 22 536 70 04, e-mail: pot@pot.gov.pl, www.pot.gov.pl Poland: Poland Tourist Organisation, ul. Chałubińskiego 8, 00-613 Warszawa, Poland Polska Organizacja Turystyczna

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Wałbrzych (G3) - Close to the city is the castle of the built for the Knights of St John of Jerusalem in the Karkonosze (G2) - The highest range in the Sudety Międzyrzecz Fortified Region (E2) - Complex of mili-Mountains with Mt Śnieżka (1602 m). At their foot, two tary fortifications built by the Germans in 1934-38. The

popular tourist and skiing resorts: Karpacz with its tim- system of underground tunnels near Kaława and Bober Wang Chapel (18th c.) brought from Norway and ryszyn forms a unique tourist route. The tunnels house Łeknica (F1) - Mużakowski Park, Extensive scenic The Kłodzko Region (H3) - Very scenic region of park with an extremely expressive layout from the first

trkowska Street, original monuments, for example, poet

Nieborów (E6) – baroque palatial residence with the

ture on the Castle Mountain, former Uniate St Nicholas' Sulejów-Podklasztorze (G6) - Cistercian Abbey with

wealth of objets d'art and valuable gifts donated to the difference in water levels using a system of five slipways; boats are carried across dry land on rail-mounted perched on a hilltop; the largest one marking the Trail Great Masurian Lakes District (B8) - A region of

Beskid Śląski and Żywiecki Mountains (I,J5) - Rich Szczecin (C1) - Large urban centre and sea port with

meranian Princes, St Jacob's Cathedral, Gate of Prus-Kielce (G7) - Bishops' Palace with corner towers; Darłowo (A3) - Castle of the Pomeranian dukes, the

Sandomierz (H8) - Overlooking the Vistula sits the old walls, Cathedral and town hall in the market square, urban centre with the Opatów Gate, town hall, Cathe- Gothic church with a nearly 100 metre high tower. dral, charming old houses and a Romanesque church. Wolin Island (B1) - Poland's largest island with many Święty Krzyż (G7) - Benedictine abbey built on top of holiday centres. The most interesting part of the island

sons and 12 big halls, one for each month. Exactly 52 Poznań (E3) - Interesting urban layout of the Old

its 10th century Cathedral and tombstones of the first

oluchów (F4) - Castle in the French late Renais-



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**Tourist Map** 

Province (M)Province Małopolska (2)odkarpackie Province nsiseli22<mark>92nivo19</mark> LOVINCE <mark>Świ</mark>ętokrzyskie Plod Province Province Lower Silesia Province uijqn хро́Ј Province **D**Province<sup>2</sup> Mielkopolska zsnqn7 (B) Province neivozeM Provinces Pomerania Province pue eivelux Province Podlasie Pomeranian **Provinces J**29W Province einuseM bne eimneW Balthc Sea omeranian (SNB)

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ADMINISTRATIVE DIVISION OF POLAND INTO PROVINCES



POLISH TOURIST ORGANISATION

